



# 2 minute drill *for parents*



monthly tips from Positive Coaching Alliance

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## Targeted Cheering

During one-sided games, it is a good idea to take even more of your focus off the scoreboard, regardless of what side of the score your team is on.

Parents often just cheer reflexively whenever their children's teams score. But Second-Goal Parents go beyond reflex to cheer for the things they want to see happen again – things that reinforce their ultimate goals surrounding their child's sports experience.

If you want your children to value giving their best efforts, then cheer for your children for their efforts regardless of the outcome or scoreboard.

Advanced Second-Goal Parents stretch outside the box and cheer for great plays and efforts made by players on the opposing team as well.

adapted from *Positive Sports Parenting* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:  
<https://www.positivecoach.org/store>